

# Nuneaton & Bedworth Swimming Club

## 'End of Season' Open Meet

For the new ASA window

Affiliated to ASA West Midland Region and Warwickshire ASA (Under ASA Laws and ASA Technical Rules of Swimming)

**Saturday 18th & Sunday 19th June 2016**

**EVENT:** This Meet has been Licensed L3 (3WM160379) by the ASA for Entry into County, Regional and Level 1 and 2 Competitions.

**VENUE:** The Meet will take place at the Pingles Pool, Avenue Road, Nuneaton, Warwickshire. CV11 4LX.

**DATE:** Saturday 18th & Sunday 19th June 2016. There are two sessions each day:

Session 1 – 1 pm warm up (45 mins) 2pm start

Session 3 – 8.30 am warm up (45 mins) 9 .30am start

Session - 2 & 4 - time to be determined

Session duration - All Sessions approximately 2½ - 3hours respectively

Results sheets will be available on-line after the event at [www.nun-bed-sc.co.uk](http://www.nun-bed-sc.co.uk)

**POOL** All distances for this Open Meet will be 50m, 100m, & 200m

25 metre 8 lane Pool with anti-turbulence lane ropes. Electronic timing with 10-line scoreboard is used in conjunction with a computerised result service.

**AGE GROUPS:** The competition is open to eligible competitors as defined by ASA Laws in the following age groups: 9/10 years, 11/12 years, 13/14 years, 15 years & over (ages as at Midnight 19<sup>th</sup> June 2016).

**ASA event entry conditions for age group swimming will be applied.**

### SCHEDULE OF EVENTS

SATURDAY 18 <sup>th</sup> June 2016				SUNDAY 19 <sup>th</sup> June 2016			
Event No	Event			Event No	Event		
<b>SESSION 1</b>				<b>SESSION 3</b>			
1	GIRLS	100m BACKSTROKE	HDW	14	BOYS	200m BACKSTROKE	HDW
2	BOYS	100m BREASTSTROKE	HDW	15	GIRLS	100m IND MEDLEY	HDW
3	GIRLS	200m FREESTYLE	HDW	16	BOYS	50m BACKSTROKE	HDW
4	BOYS	50m BUTTERFLY	HDW	17	GIRLS	200m BUTTERFLY	HDW
5	GIRLS	200m BREASTSTROKE	HDW	18	BOYS	100m IND MEDLEY	HDW
6	BOYS	200m FREESTYLE	HDW	19	GIRLS	50m BACKSTROKE	HDW
7	GIRLS	50m BUTTERFLY	HDW	20	BOYS	100m BUTTERFLY	HDW
<b>SESSION 2</b>				<b>SESSION 4</b>			
8	BOYS	100m FREESTYLE	HDW	21	G/B	SKINS (50M)	
9	GIRLS	100m BREASTSTROKE	HDW	22	GIRLS	50m BREASTSTROKE	HDW
10	BOYS	200m BUTTERFLY	HDW	23	BOYS	100m BACKSTROKE	HDW
11	GIRLS	100m FREESTYLE	HDW	24	GIRLS	100m BUTTERFLY	HDW
12	BOYS	200m BREASTSTROKE	HDW	25	BOYS	50m BREASTSTROKE	HDW
13	GIRLS	200m BACKSTROKE	HDW	26	GIRLS	50m FREESTYLE	HDW
				27	BOYS	50m FREESTYLE	HDW

### Meet Information

**SEEDING:** All events will be seeded in time classification, the slowest competitors being in the first heat.

**SKINS:** Entries for skins will be determined as follows: Top 8 girls and top 8 boys overall in 100 IM, with reserves so that the event is started with a full 8 lanes. Skins will be swum over 50m, with stroke being picked out of a hat prior to the start of the race. Races will alternate between Boys (1<sup>st</sup>) then girls, to give the swimmers a chance to rest between each race. The winners will be the girl & boy who win the last races, prizes as follows: Girl & Boy 1<sup>st</sup> place £50 each, 2<sup>nd</sup> place £30 each, 3<sup>rd</sup> place £20 each.

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**POOLSIDE:** Only Swimmers, Coaches, Personal Attendants with a pass and Officials will be allowed on poolside during the Meet. Maximum of Two Pool side Officials per Club per session. Coaches' passes can only be obtained by an affiliated Club at £15.00 per day or £25 per weekend. Coaches Pass Includes Lunch. They **cannot** be purchased on the day of the Meet. Coaches in possession of a coach pass are allowed on poolside during warm ups. Any Coach without a pass will be asked to leave the poolside. Wet swimmers are not allowed in the spectator area and must wear footwear.

Where clubs wish to bring a large team, and in order to comply with the ASA supervision guidelines, require additional coaches to attend the meet organiser should be contacted regarding additional coaches passes.

**DBS Check** It is the responsibility of the Club applying for coach pass to ensure their team manager and coach is DBS checked and named on the Club's application form. Poolside passes will only be issued to those named by their club.

**WARM-UP:** The pool will be available for a warm-up during the 1 hour prior to the start of each session.

**Stewarding:** It is the responsibility of Team Managers and Coaches to ensure that their competitors report to the Stewards in time for the start of their race.

All participants and spectators must observe the safety precautions in operation at the Pingles Pool and must be aware that the use of cameras and camcorders of any kind is not allowed within the building including mobile phones with inbuilt cameras.

Neither Nuneaton & Bedworth Swimming Club nor Everyone Active can be held responsible for loss or damage to spectators' or competitors' property. Competitors are requested to use the lockers in the changing rooms for all large bags & to only bring **ONE** small bags poolside due to the room available and to ensure that the air vents around the pool do not become blocked. If large bags are brought poolside competitors/coaches will be asked to remove them. Competitors & coaches are requested not to leave belongings lying around unattended.

**OFFICIALS:** We will prioritise entries for children of officials assisting with the meet. Therefore swimmers of qualified Officials who come forward at the time of the swimmer entering the meet will be guaranteed swims given that their times fall within the entry requirements.

Without sufficient licensed ASA officials we will not be able to run this meet, and as importantly, nor will we be able to support requests for mentoring which we are committed to doing. We therefore request that all clubs provide us the name and contact details of at least **two fully qualified Officials** to support with officiating during the Meet.

**REFRESHMENTS:** Cafeteria plus hot and cold drinks and snacks machines available.

**AWARDS:** The competitors placed 1st, 2nd & 3rd in each individual event in each age group will receive awards.

#### **ENTRIES:**

1. All competitors must be eligible as defined under ASA Laws and may enter events only in their age group. ASA event entry conditions for age group swimming will be applied. All competitors must be registered with the ASA.
2. Entries will be selected on a "First come first served" basis to comply with session timing and bather loading requirements.
3. Competitors diving into the pool must have reached the standard of the ASA Competitive Start Award. Those who have not reached this standard must start in the water.
4. Electronic Entry by a SportSystem file is the preferred route. Entries made in this way must be in the format prescribed by the Promoter. Other formats are not acceptable. All SportSystem entries are only accepted once payment has been received.
5. Clubs (or individuals) making block entries using SportSystem must obtain the entry file via the website ([www.nun-bed-sc.co.uk](http://www.nun-bed-sc.co.uk)); or email the Entries Secretary, ([nbsc\\_open\\_meets@hotmail.co.uk](mailto:nbsc_open_meets@hotmail.co.uk)) for the necessary files and instructions for the completion and return of entries using this method.
6. Clubs with more than 5 swimmers entered in the Meet are required to submit an electronic entry as described in point 5 above.

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7. **Entry fee:** £6.00 for each event entered where made in the SportSystem format or £7.00 per individual event where made on a paper form

8. Remittances (cheques or bank transfer) Cheques should be made payable to Nuneaton & Bedworth Swimming Club. It will be greatly appreciated if fees for all entries for one Club are consolidated and submitted on a single cheque payment together with the Summary Sheet and printed copy of the entry report. Paper entry forms and fee should be sent to: **Mrs K Black, 148 Hinckley Road, Nuneaton, CV11 6LP, Warwickshire. Email: [nbsc\\_open\\_meets@hotmail.co.uk](mailto:nbsc_open_meets@hotmail.co.uk)**

#### Bank details:

- Sort Code 40-35-20
- Account no 51041983
- Your Ref L3 xxxx (Your Club name replaces xxxx, ie Nuneaton is L3NunSC)
- Account Name Nuneaton & Bedworth Swimming Club

9. Entries that are incomplete, illegible or sent without the correct entry fee may be rejected.

**Note that entries will not be processed and accepted until payment has been received and cleared and also once clubs have provided details of qualified officials (see "Officials" section above)**

10. Entries for this Meet will be held on computer and as required by the Data Protection Act 1998 permission to hold such personal data will be deemed to have been given by the submission of an entry.

11. The Meet will be timed on the submitted entry times. **IT IS THEREFORE VITAL THAT ENTRY TIMES SUBMITTED ARE ACCURATE.**

12. **REFUNDS** for rejected entries will be made to the Clubs in the first instance at the Meet. Non-collected refunds will then be made by direct bank transfer upon provision of the necessary detail. There will be **NO REFUNDS** for withdrawals/club errors after the accepted/rejected entries have been processed and published.

NBSC **do not accept** any responsibility for sportssystem files that are entered incorrectly by participating clubs and will not make any changes to times or events entered for swimmers.

13. Official closing date: **Midnight on Saturday 14<sup>th</sup> May 2016 – earlier if the event is full.**

14. This will be a cardless meet. No cards will be issued prior to the event. All details of acceptance/rejection will be posted on the Club website ([www.nun-bed-sc.co.uk](http://www.nun-bed-sc.co.uk)); no details will be sent by post. All details must be checked and any errors notified to Mrs Black immediately ([nbsc\\_open\\_meets@hotmail.co.uk](mailto:nbsc_open_meets@hotmail.co.uk)). Corrections cannot be made on the day of the event.

15. Subsequent amendments to entry times will not be permitted.

16. Over the top & side by side starts may be used.

17. Any swimmer who does not report for an event they have entered without informing the Meet Secretary prior to warm-up will be excluded from swimming in any other event that day.

18. The promoters reserve the right to alter these conditions if necessary, any alterations will be sent for approval by the Regional Licensing Officer prior to the meet, and the amended conditions will be made available on the website. Any matter not covered by these conditions shall be at the promoter's discretion if not covered by ASA Laws or FINA Technical Rules

**PLEASE NOTE:** No entries will be accepted without the appropriate fee.

**PROMOTER:** Mrs Hayley Moulton, 16 Caesar Way, Coleshill, Warwickshire, B46 1UD

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### Competition Qualifying Times

Level 3 Licensed Meet – Upper and lower qualifying times - Short Course Pool

<b>Boys</b>		<b>9yrs</b>	<b>10yrs</b>	<b>11yrs</b>	<b>12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16yrs</b>	<b>17/over</b>
50 Free	Upper	33.90	31.70	30.20	28.40	27.10	26.10	25.30	24.60	24.00
	Lower	52.10	48.00	44.50	41.50	39.20	36.70	35.30	34.70	34.10
100 Free	Upper		1.08.00	1.04.00	1.02.00	58.00	56.00	54.00	53.60	53.20
	Lower		1.37.50	1.34.60	1.22.60	1.16.70	1.12.60	1.09.90	1.08.80	1.07.60
200 Free	Upper	2.44.50	2.29.10	2.20.90	2.15.00	2.06.00	2.00.00	1.58.50	1.56.20	1.54.00
	Lower	3.53.40	3.42.00	3.32.30	3.23.50	3.03.80	2.51.70	2.50.70	2.49.10	2.47.90
50 Breast	Upper	45.60	41.90	39.60	36.90	34.40	33.00	31.00	30.00	27.00
	Lower	1.06.20	1.00.10	56.00	52.20	47.90	45.00	43.50	42.50	41.60
100 Breast	Upper		1.33.00	1.24.00	1.19.50	1.14.80	1.11.00	1.09.00	1.08.80	1.08.00
	Lower		1.59.0	1.55.20	1.54.00	1.47.10	1.42.00	1.39.10	1.37.80	1.36.00
200 Breast	Upper	3.18.00	3.03.00	2.55.00	2.50.00	2.41.00	2.32.40	2.30.00	2.29.00	2.27.00
	Lower	4.36.20	4.23.70	4.11.00	3.36.00	3.34.30	3.25.40	3.20.10	3.16.30	3.11.80
50 Fly	Upper	39.00	35.80	33.40	31.00	29.00	27.70	26.60	25.70	23.50
	Lower	59.60	53.30	49.90	45.80	43.40	39.90	39.00	37.80	36.10
100 Fly	Upper		1.21.00	1.13.20	1.09.00	1.04.80	1.01.90	59.80	58.00	57.70
	Lower		1.47.20	1.43.10	1.42.70	1.36.30	1.32.40	1.23.80	1.16.30	1.24.20
200 Fly	Upper	3.57.00	3.46.00	2.38.00	2.33.00	2.24.00	2.16.00	2.13.00	2.11.50	2.10.00
	Lower	4.49.70	4.33.60	4.00.00	3.41.40	2.25.60	3.14.40	3.12.00	3.10.10	3.08.00
50 Back	Upper	39.60	36.60	34.80	33.00	30.90	28.40	26.90	24.50	23.00
	Lower	57.40	54.70	51.30	46.40	43.20	41.50	39.50	38.20	37.70
100 Back	Upper		1.20.00	1.13.00	1.09.00	1.05.20	1.03.00	1.01.70	1.00.00	59.00
	Lower		1.46.60	1.43.30	1.42.60	1.38.00	1.34.50	1.30.20	1.43.00	1.40.60
200 Back	Upper	2.52.00	2.41.20	2.33.60	2.28.10	2.19.90	2.13.00	2.11.80	2.10.70	2.08.20
	Lower	4.25.20	4.10.80	3.52.30	3.33.60	3.20.90	3.14.60	3.09.10	3.05.00	3.04.50
100 IM	Upper	1.30.00	1.25.00	1.22.00	1.20.00	1.15.00	1.10.00	1.05.00	1.02.00	59.00
	Lower	2.04.60	1.52.70	1.42.60	1.33.50	1.19.50	1.16.10	1.14.50	1.13.60	1.11.00
<b>Girls</b>										
50 Free	Upper	34.40	32.30	30.50	29.00	28.30	28.00	27.90	27.50	27.20
	Lower	52.50	48.40	44.20	41.50	38.90	37.80	37.70	37.50	37.00
100 Free	Upper		1.10.80	1.03.00	1.02.60	1.02.00	1.00.20	59.20	58.60	58.30
	Lower		1.40.90	1.37.80	1.32.90	1.30.10	1.26.00	1.25.20	1.22.70	1.22.50
200 Free	Upper	2.38.70	2.27.10	2.18.50	2.13.60	2.09.90	2.08.10	2.07.00	2.06.50	2.04.90
	Lower	4.16.00	3.50.00	3.31.30	3.17.10	3.08.20	3.02.90	3.02.50	3.00.50	3.00.00
50 Breast	Upper	46.40	42.30	39.90	37.20	35.70	35.20	34.10	33.90	31.30
	Lower	1.06.90	59.60	55.00	51.30	48.80	46.70	46.20	46.10	45.80
100 Breast	Upper		1.33.30	1.25.90	1.20.00	1.16.60	1.16.00	1.15.50	1.15.00	1.14.80
	Lower		2.08.10	2.00.80	1.56.50	1.50.90	1.46.10	1.45.00	1.43.40	1.41.60
200 Breast	Upper	3.17.30	3.05.10	2.57.00	2.52.40	2.44.80	2.43.00	2.42.10	2.43.90	2.41.00
	Lower	4.54.60	4.43.00	4.12.50	3.57.80	3.46.00	3.44.80	3.41.50	3.40.30	3.37.40
50 Fly	Upper	39.40	35.90	33.70	31.50	30.00	30.50	29.30	28.50	27.50
	Lower	1.01.80	56.00	51.10	46.70	44.10	41.70	40.20	39.80	39.30
100 Fly	Upper		1.23.50	1.15.50	1.10.00	1.07.20	1.06.00	1.05.10	1.04.40	1.04.00
	Lower		1.53.20	1.48.10	1.40.50	1.36.80	1.34.80	1.34.00	1.32.20	1.32.00
200 Fly	Upper	3.59.30	2.48.50	2.40.50	2.35.60	2.30.20	2.25.40	2.23.70	2.23.00	2.22.20
	Lower	4.52.40	4.29.00	3.54.80	3.37.40	3.25.80	3.24.20	3.23.80	3.20.30	3.17.20
50 Back	Upper	39.90	36.80	35.00	33.00	31.80	30.10	29.80	28.00	26.70
	Lower	57.60	55.20	49.50	47.10	45.20	43.40	43.10	42.70	42.40
100 Back	Upper		1.23.40	1.15.40	1.10.80	1.07.20	1.06.30	1.06.10	1.05.00	1.04.80
	Lower		1.52.60	1.49.10	1.42.90	1.38.70	1.37.40	1.35.90	1.34.70	1.33.70
200 Back	Upper	2.54.00	2.42.20	2.34.10	2.29.30	2.24.00	2.20.20	2.21.60	2.19.90	2.18.00
	Lower	4.23.30	4.13.40	3.34.30	3.32.00	3.25.90	3.23.20	3.19.80	3.16.20	3.13.60
100 IM	Upper	1.25.00	1.20.00	1.15.00	1.12.00	1.10.00	1.08.00	1.06.00	1.04.00	1.02.00
	Lower	2.02.30	1.48.10	1.38.00	1.31.30	1.23.70	1.22.50	1.21.70	1.21.40	1.19.00

ASA age group entry conditions apply.

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### COMPETITION ENTRY FORM

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

ASA Registration Number: \_\_\_\_\_ Age as at 19<sup>th</sup> June 2016: \_\_\_\_\_

Address: \_\_\_\_\_ Male/Female \_\_\_\_\_

\_\_\_\_\_ Tel No: \_\_\_\_\_

\_\_\_\_\_ Club: \_\_\_\_\_

Email: \_\_\_\_\_

Please submit Short Course time against all strokes entered: **ASA age group entry conditions apply.**

EVENT	Male event No	Female Event No	Entry time
50m FREESTYLE	27	26	
100m FREESTYLE	8	11	
200m FREESTYLE	6	3	
50m BACKSTROKE	16	19	
100m BACKSTROKE	23	1	
200m BACKSTROKE	14	13	
50m BREASTSTROKE	25	22	
100m BREASTSTROKE	2	9	
200m BREASTSTROKE	12	5	
50m BUTTERFLY	4	7	
100m BUTTERFLY	20	24	
200m BUTTERFLY	10	17	
100m IND MEDLEY	18	15	
SKINS -ENTRY BY QUALIFYING ONLY	21	21	

Total number of events entered:- \_\_\_\_\_

Remittance of:- \_\_\_\_\_

(£6.00 per event electronic entry, £7.00 per event paper entry) Cheques should be made payable to **Nuneaton & Bedworth Swimming Club**

I declare that I am eligible to compete in this competition and that I accept the Promoter's conditions.

Signed \_\_\_\_\_ Signature of Coach/Club Secretary: \_\_\_\_\_

Entries to be sent to: **Mrs K Black, 148 Hinckley Road, Nuneaton, CV11 6LP, Warwickshire**

**Closing date for entries: Midnight Saturday 14<sup>th</sup> May 2016**

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### MEET OFFICIAL REQUEST FORM

Full Name:				
Qualification: (please tick)	JL1 [ ]	JL 2 [ ]	JL2 S [ ]	LREF [ ]
License Number				
Official in training asking for mentoring	Please indicate what is hoped for during mentoring and every effort will be made to offer some mentoring:		JL1 [ t ];	JL2 [ t ];
Sessions Available:	Sat Session 1 [ ]	Sat Session 2 [ ]	Sun Session 3 [ ]	Sun Session 4 [ ]
Contact Number:				
E Mail Address:				
Club:				
Swimmers Name if applicable:				
Dietary Requirements:	Any officials prepared to help all day will be provided with lunch. Please make us aware of any dietary requirements:			
Expenses:	Unfortunately, due to budget restrictions, travel expenses will only be available by pre arrangement for those officials invited to attend without swimmers competing and who are not officiating as part of a club quota.			

Please email and post this form along with your Club Entry Summary.

Any queries to Officials Coordinator Hayley Moulton at [mrsmoot@btinternet.com](mailto:mrsmoot@btinternet.com)

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### ENTRIES SUMMARY SHEET

Club: \_\_\_\_\_

Club Code: \_\_\_\_\_

Entry Fees		
Male Entries	@ £6	@ £7
Total Number		
Female Entries	@ £6	@ £7
Total Number		
Coaches Pass (1 day) please indicate day  (Weekend Pass)	@ £15	
	@ £25	
Total		

Please enclose a computer generated Sportsystems printout of swims with your payment (these should balance with each other minus pass payment). For our records.

**Please make cheques payable to Nuneaton & Bedworth Swimming Club**

Contact Name	
Address	
Telephone	
Email	

I certify that all information and stated and entry times submitted are correct

\_\_\_\_\_ (Signature)      Date \_\_\_\_\_

Return to: **Mrs K Black, 148 Hinckley Road, Nuneaton, CV11 6LP, Warwickshire**

**Closing date for entries MIDNIGHT Saturday 14th May 2016**